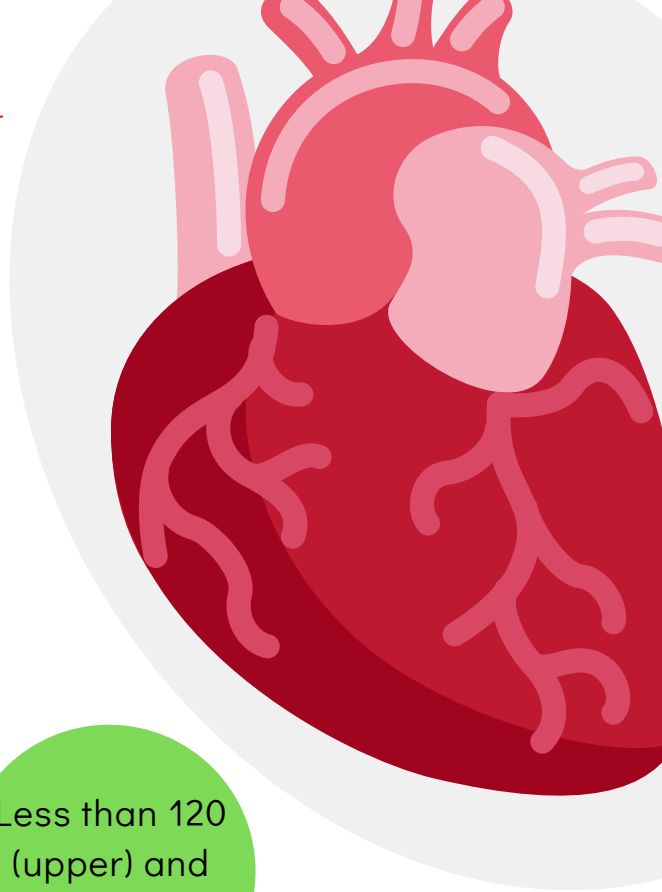


# MAKE YOUR HEART A PRIORITY

## Heart Health

The best way to know if you have high blood pressure is to have your blood pressure checked.



Let's talk blood pressure.



### What is blood pressure?

Blood pressure is the force of blood flowing through your blood vessels.



### What is hypertension?

High blood pressure, also known as hypertension, is when the pressure of blood flowing through your vessels is consistently too high.



### What is systolic?

Systolic is the top number, and it indicates how much pressure your blood is exerting against your artery walls when your heart contracts.



### What is diastolic?

Diastolic is the bottom number, and it indicates how much pressure your blood is exerting against your artery walls while the heart muscle is resting between contractions.



Health threats from hypertension include stroke, heart failure, vision loss, heart attack, kidney disease/failure, sexual dysfunction, etc.

## Monitoring your blood pressure at home.

1. Remove clothing from arm.
2. Sit with your back straight and supported and with your arm supported. Be still.
3. Measure at the same time each day, and take two readings 1 min. apart. Record the results.

Less than 120  
(upper) and  
less than 80  
(lower)

Normal

120-129  
(upper) and  
less than 80  
(lower)

Elevated

130-139  
(upper) or  
80-89  
(lower)

Hypertension- Stage 1

140 or higher  
(upper) or 90  
or higher  
(lower)

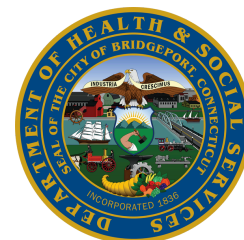
Hypertension- Stage 2

## Blood Pressure Categories

Higher than  
180 (upper)  
and/or higher  
than 120  
(lower)

Hypertensive  
Crisis

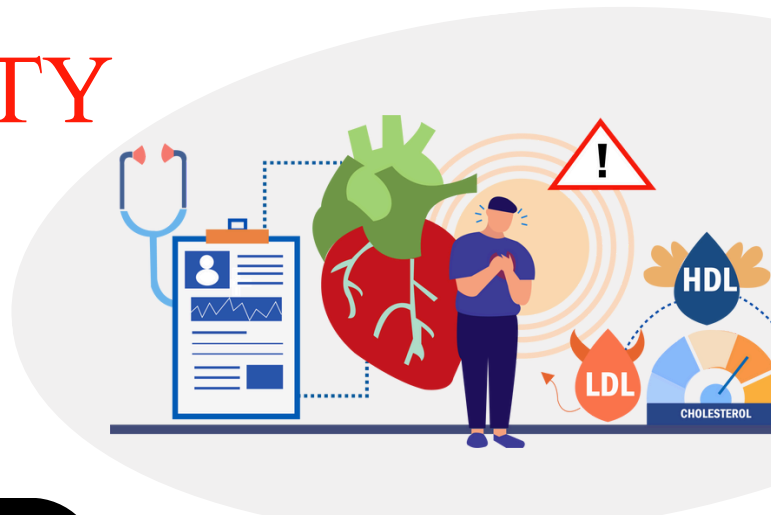
Consult your  
doctor  
immediately.



# MAKE YOUR HEART A PRIORITY

## Heart Health

Cholesterol is a vital waxy, fatlike substance in your blood, but an excess of the harmful type has negative health implications.



Let's talk cholesterol.



### What is blood cholesterol?

The liver produces blood cholesterol essential for good health, and your body manufactures all necessary amounts; no extra cholesterol is required.



### What is dietary cholesterol?

Dietary cholesterol is found in animal foods, such as meat, seafood, dairy, and eggs. You should consume as little dietary cholesterol as possible.



### What is good cholesterol?

Good cholesterol is high-density lipoprotein (HDL) cholesterol. High levels can reduce heart disease and stroke risk.



### What is bad cholesterol?

Bad cholesterol is low-density lipoprotein (LDL) cholesterol. High levels can lead to heart disease and stroke. High levels of triglycerides, a type of fat in your body, can contribute to high cholesterol as well.



Too much bad cholesterol can build up in arteries that feed your heart and brain, which can lead to heart disease, heart attack or stroke.

Prevention & treatment are key.

**CHECK** your cholesterol levels to know your risk.

**CHANGE** your diet and lifestyle to improve your levels.

**CONTROL** your cholesterol, with help from a doctor if needed.

If nutrition facts show no cholesterol, is the food “heart healthy”?

Many foods marketed as “low-cholesterol” have high levels of saturated or trans fats, both of which raise blood cholesterol. Look for how much saturated fat, trans fat and total calories are in a serving. (Check the serving size too. It may be smaller than you expect.)

## Optimal Cholesterol Levels

LDL Cholesterol    HDL Cholesterol

About 100 mg/dL

At least 40 mg/dL (men),  
50 mg/dL (women)

Total Cholesterol

Triglycerides

About 150 mg/dL

Less than 150 mg/dL

